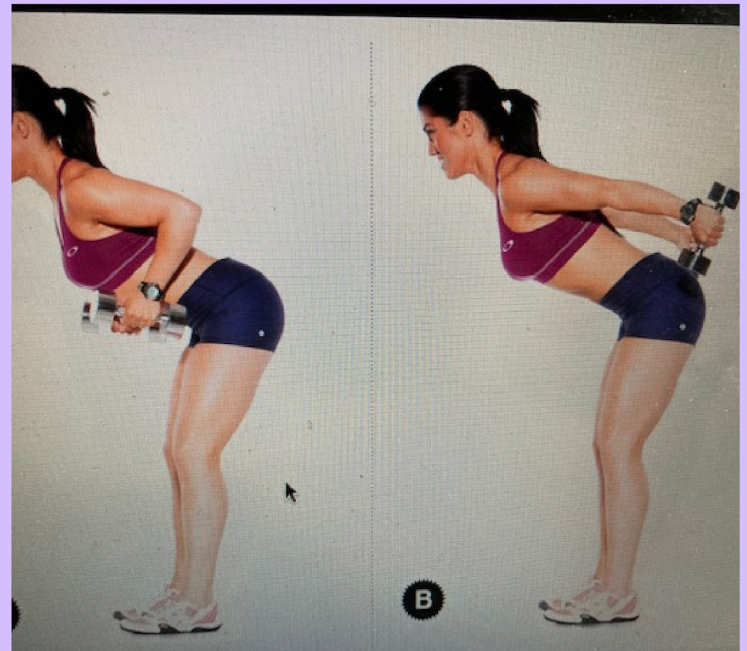
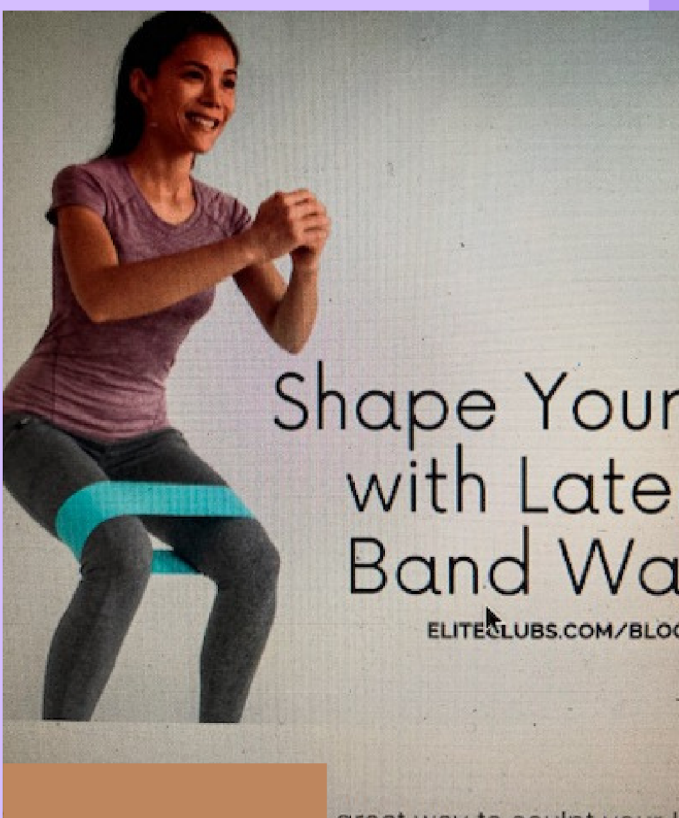


WHY SOME POPULAR EXERCISES CAN ACTUALLY CAUSE MORE HARM THAN GOOD

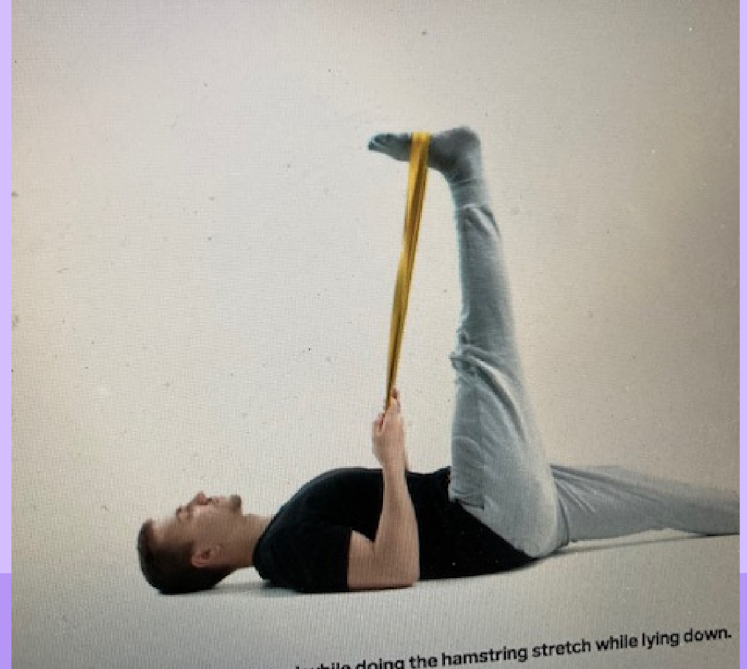


BY
SANGINI RANE PT,PRC

TRISH GARRISON PT



7. Hamstring stretch while lying down (with a towel)



NOT a big fan of these!

BUT THEY KEEP ME IN BUSINESS!



THEY CAN CAUSE BACK, NECK, SHOULDER, KNEE & HIP PAIN

The BIGGEST mistake?

Not considering the POSITION you are in to begin with!

**Exercising on an asymmetrical foundation
(a natural tendency of the human body)
results in an imbalance and possible muscle
compensation, hence pain.**



ASYMMETRY?

Yes! The human body is NOT Symmetrical! Yet, we tend to do the same exercises on BOTH sides of the body, further increasing this imbalance and driving us more into this asymmetry !

On the outside we appear "even" or symmetrical; However, the inside of our body is not, which causes natural imbalances to occur. Organ size, placement and function, along with nervous system development and muscular use, all contribute to dominant movement patterns.

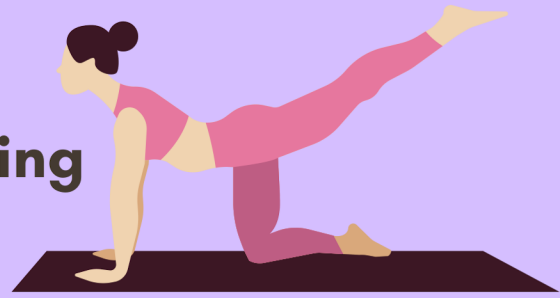
When this patterning becomes so dominant that your body does not understand how to perform activities in any other way, compensations develop.

The repetitive faulty movements while exercising cause strain, increasing your chances of developing pain.



STRETCHING !!!!!

1. **Stretching everything that feels tight!**



2. **Doing the same stretches on BOTH sides of the body**

3. **Thinking more is better and over stretching!!**

For example, the hamstrings are probably the most overstretched muscles on the planet! Yes, they "feel tight," but that's because the pelvis is tipped forward, elevating the attachment site of the muscle, therefore making it longer, hence "tight" as it is stretched.

If you stretch it more, you lengthen it too much.

Follow this link to learn more:

<https://tinyurl.com/mrx2ymp5>



This is one of the biggest mistakes while exercising!

Arching the back excessively tips the pelvis forward, shifting your center of gravity forward.

RESULTS OF EXERCISING WITH A FORWARD PELVIS:

- **Excessive use of back muscles resulting in spinal compression**
 - **Overuse of hip flexors**
 - **Muscle imbalance/torque on joints**
 - **Excessive load on anterior knees**
 - **Overuse of neck muscles to lift**
-

WHAT WE NEED TO DO INSTEAD

- **Make sure the pelvis and ribcage are in a NEUTRAL position.**
 - **Ensure weight stays on the heels (you are grounded).**
 - **Maintain form during movement, and ensure the spine is stable as the extremities move.**
-

Would you build your house on a crooked foundation?

Then why train your muscles on a forward and right oriented pelvis and spine?

That's where the Postural Restoration® approach comes to the rescue!

The focus of this unique approach is to:

- **Reposition**
- **Restore**
- **Retrain**



Conclusion and Next Steps

- Stop causing more harm to your body by over arching your back!
 - Stop stretching everything that feels tight!
 - Remember that you may not need to do the same exercise on both sides as your right and left side is different!
 - Find a postural restoration trained professional near you, or contact us to learn more!
-



Sangini is the co-owner of
Apex Physical Therapy &
Wellness Center.

Her treatment strategies
focus on addressing postural
asymmetries that commonly
exist in the human body,



Trish graduated with a
Masters in Physical Therapy
from Elon University in 2004.
After recovering from her own
injury, Trish developed an
interest in and appreciation
for recognizing and treating
postural asymmetries as they
relate to athletic performance,
injury prevention, and
recovery. As such she has
taken multiple Postural
Restoration courses and is
currently working towards her
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Thank you!



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